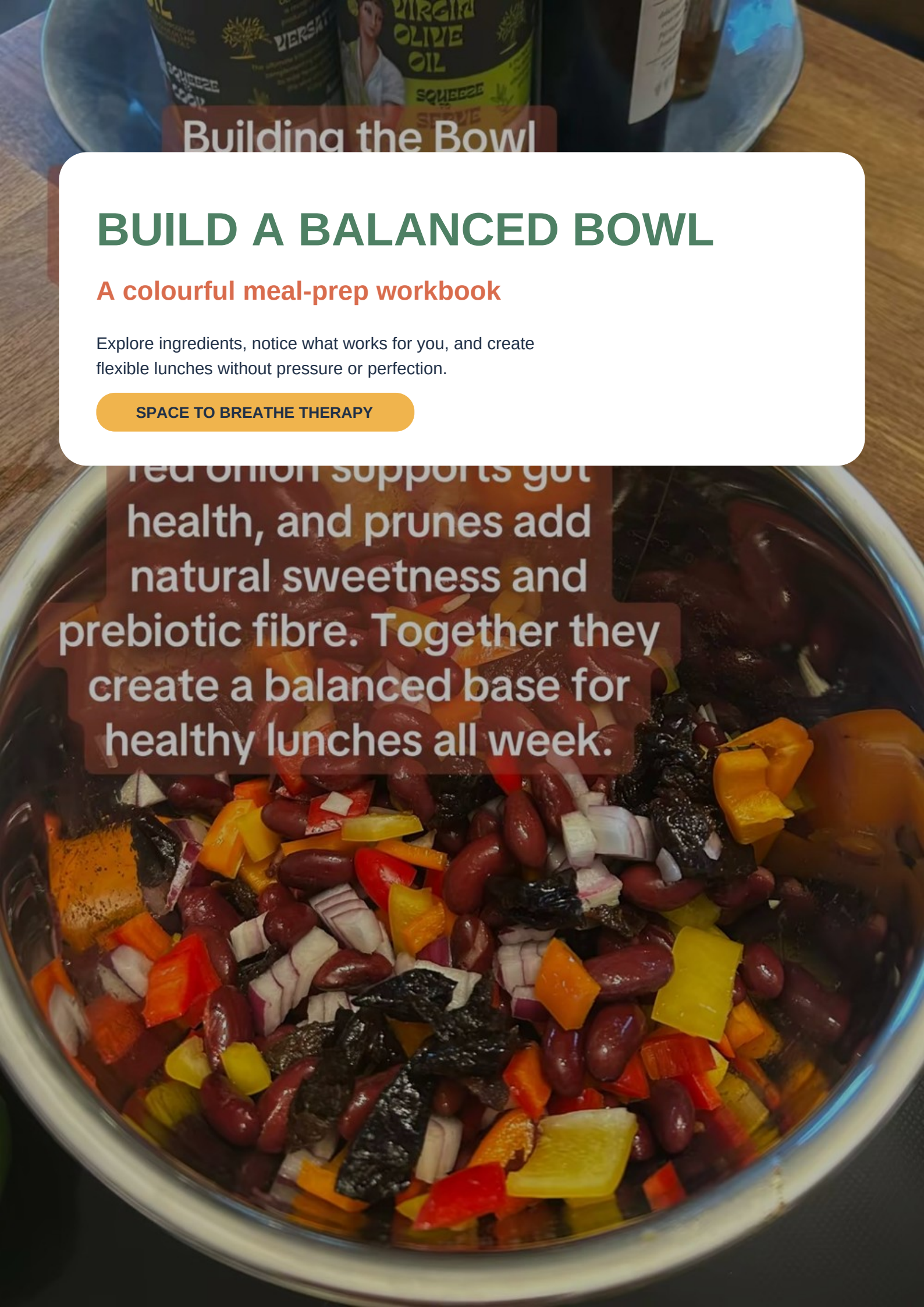




Building the Bowl

BUILD A BALANCED BOWL

A colourful meal-prep workbook

Explore ingredients, notice what works for you, and create flexible lunches without pressure or perfection.

SPACE TO BREATHE THERAPY

Red onion supports gut health, and prunes add natural sweetness and prebiotic fibre. Together they create a balanced base for healthy lunches all week.

Start with curiosity

This is a guide, not a set of food rules.

A balanced bowl can be built in many ways. The aim is to combine foods that offer energy, satisfaction, variety and enjoyment while respecting allergies, intolerances, sensory needs, culture, budget and appetite.

A flexible bowl may include

A protein food - such as beans, lentils, eggs, fish, chicken or tofu.

Colour and crunch - vegetables, salad, fruit or another food you enjoy.

Energy - rice, bread, pasta, potatoes, grains or another carbohydrate.

Flavour and satisfaction - herbs, spices, oil, dressing, cheese or seeds.

Before you begin

Which foods feel safe, familiar or manageable today?

Are there textures, smells or ingredients I need to avoid?

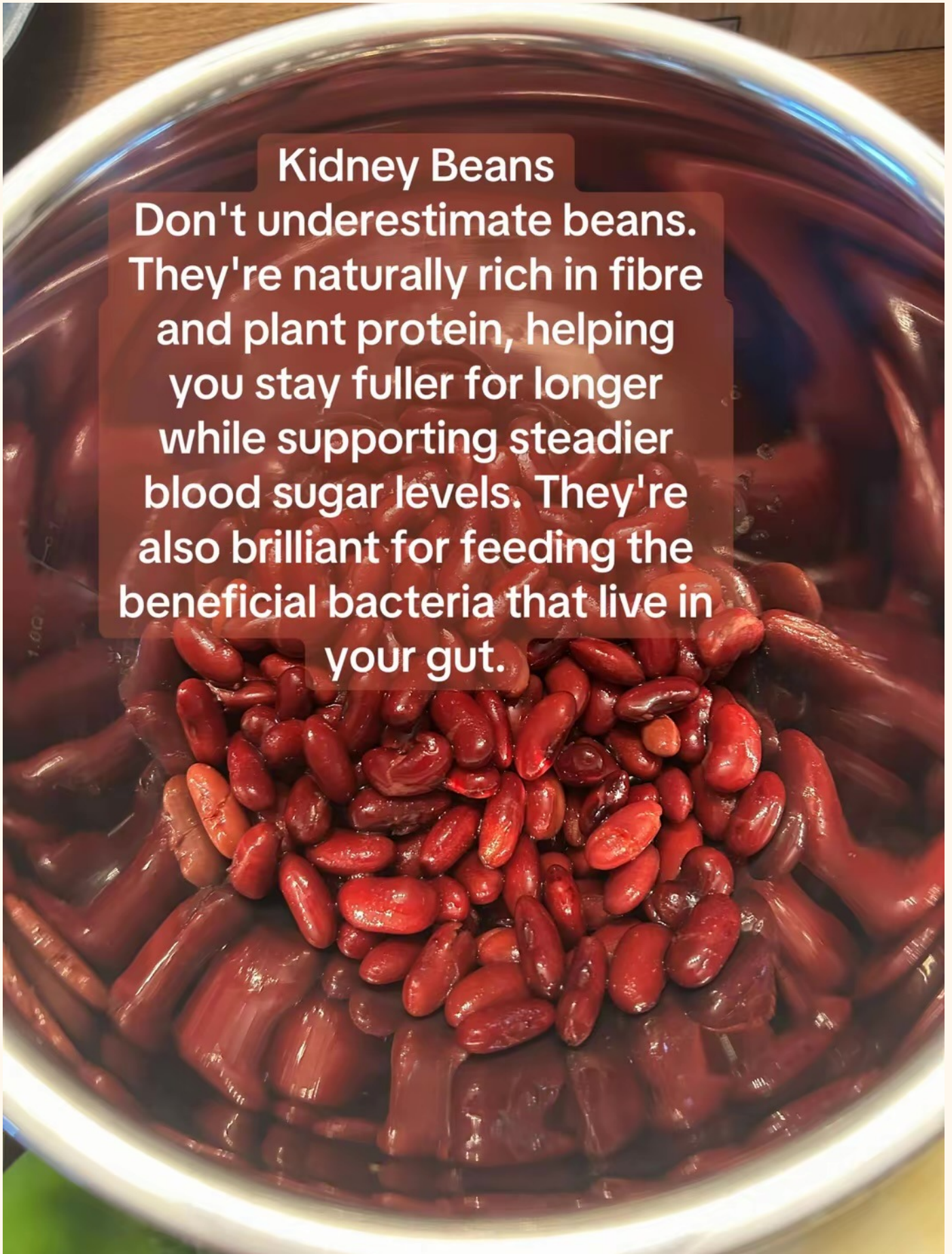
How much time and energy do I realistically have?

What would make this meal easier: pre-chopped food, a tin, a microwave pouch, help from someone else, or a smaller first step?

Kidney beans: the protein base

Kidney Beans

Don't underestimate beans. They're naturally rich in fibre and plant protein, helping you stay fuller for longer while supporting steadier blood sugar levels. They're also brilliant for feeding the beneficial bacteria that live in your gut.



Kidney beans: the protein base

What this ingredient or step can offer

Kidney beans provide plant protein and fibre. Fibre can support digestion and help a meal feel satisfying. Tinned beans are a convenient option: drain and rinse them before use. If beans are unfamiliar or uncomfortable, choose a different protein or begin with an amount that feels manageable.

Remember

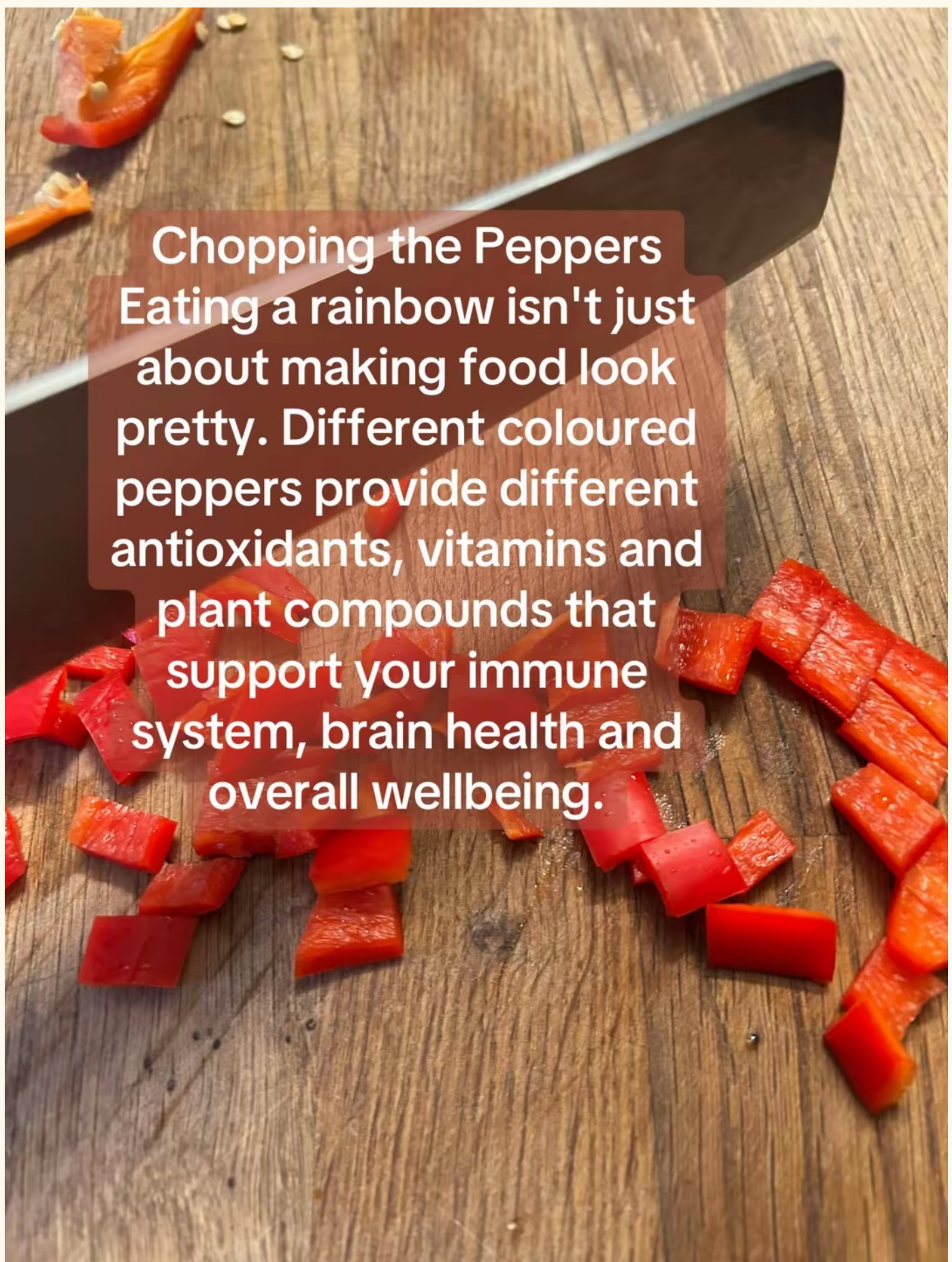
You can substitute, simplify, use a safe food, or leave an ingredient out. The aim is to make the bowl work for you.

Pause and personalise

My preferred protein is...

A convenient protein I could keep in the cupboard is...

One way I could make this texture easier is...

A close-up photograph of a wooden cutting board. A large, dark-handled knife lies diagonally across the board. Several pieces of red and orange bell peppers have been chopped into small, irregular cubes and are scattered around the knife. Some whole pepper seeds are also visible on the wood grain surface.

Chopping the Peppers
Eating a rainbow isn't just about making food look pretty. Different coloured peppers provide different antioxidants, vitamins and plant compounds that support your immune system, brain health and overall wellbeing.

Peppers: colour and crunch

What this ingredient or step can offer

Different coloured peppers provide vitamin C and a range of plant compounds. Colour can make a bowl inviting, but variety is an invitation, not a demand. Raw peppers are crisp; roasted or softened peppers have a gentler texture. Frozen or pre-cut vegetables count too.

Remember

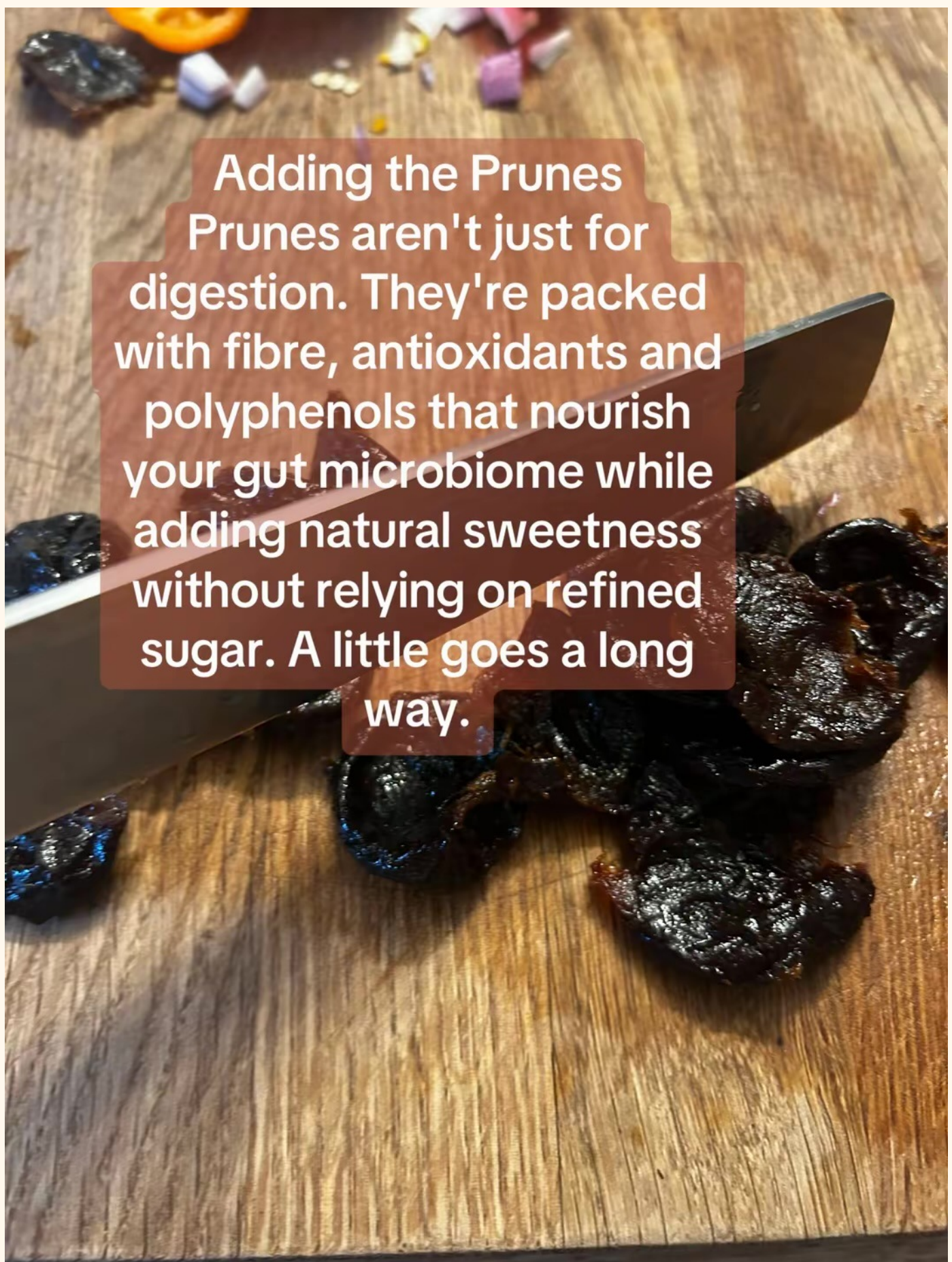
You can substitute, simplify, use a safe food, or leave an ingredient out. The aim is to make the bowl work for you.

Pause and personalise

A colour I enjoy eating is...

I prefer vegetables: raw / soft / blended / separate

A low-effort vegetable option for me is...

A close-up photograph of a wooden cutting board. Several dark, moist, and wrinkled slices of prunes are scattered across the board. A large, dark-handled knife lies diagonally across the middle of the frame. In the upper left corner, there are some small, colorful vegetable scraps, including a piece of orange bell pepper and some purple onion. The background is a solid dark purple color.

Adding the Prunes
Prunes aren't just for digestion. They're packed with fibre, antioxidants and polyphenols that nourish your gut microbiome while adding natural sweetness without relying on refined sugar. A little goes a long way.

Prunes: gentle sweetness

What this ingredient or step can offer

Prunes provide fibre and naturally occurring plant compounds. Their sweetness can balance savoury beans, peppers and onion. Chop them finely if you want the flavour spread through the bowl. Fibre changes can affect digestion, so increase gradually and drink according to your needs.

Remember

You can substitute, simplify, use a safe food, or leave an ingredient out. The aim is to make the bowl work for you.

Pause and personalise

Do I enjoy sweet and savoury flavours together?

A fruit or sweet element I might use instead is...

The amount that feels right for me is...

Bring the bowl together



Bringing It Together
Meal prep doesn't have to be fancy. Spending just 15 minutes preparing ingredients means healthy choices become the easiest choices during a busy week. Future you will be grateful.

Bring the bowl together

What this ingredient or step can offer

Meal preparation does not need to be elaborate. A few prepared ingredients can reduce decisions during a busy week. Mix everything now, or store ingredients separately if you prefer distinct textures. Add a carbohydrate, dressing or topping when serving to make the bowl work for you.

Remember

You can substitute, simplify, use a safe food, or leave an ingredient out. The aim is to make the bowl work for you.

Pause and personalise

My carbohydrate or energy food will be...

My flavour or dressing will be...

I want my ingredients: mixed / kept separate

The smallest prep step I can do today is...

Your balanced bowl

Building the Bowl

Every ingredient in this bowl has a purpose. Kidney beans provide plant protein and fibre, colourful peppers are packed with antioxidants, red onion supports gut health, and prunes add natural sweetness and prebiotic fibre. Together they create a balanced base for healthy lunches all week.



Your balanced bowl

What this ingredient or step can offer

There is no single perfect bowl. Use the picture as inspiration, then adapt it. Swap ingredients freely, keep safe foods alongside new foods, and choose portions according to appetite. If eating is difficult, consistency and adequate nourishment matter more than creating an ideal-looking meal.

Remember

You can substitute, simplify, use a safe food, or leave an ingredient out. The aim is to make the bowl work for you.

Pause and personalise

Protein

Vegetable, fruit or colour

Carbohydrate or energy food

Flavour, fat or topping

A safe or familiar food

A helpful shortcut

My easy meal-prep plan

This week I would like to prepare...

Ingredients I already have...

Ingredients I need...

One shortcut or support I will use...

How I will store or portion it...

A kind reminder for future me...

Food needs are individual. Seek advice from a qualified health professional if you have medical or nutritional concerns.